2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

Unfortunately, we were not equipped to analyze family diets in terms of nutrition or caloric values, nor to determine the presence of vitamins, minerals, and other food elements. In our comparison of the two weekly diets presented here, we can only point to some of the quantitative aspects involved. These tend to parallel and support the more detailed data gathered by Beals and Hatcher in their study of the diet of Cherán.[10] The "wealthy" diet in Cherán is higher in vitamins A, B_1, and B_2 and protein and calory intake but lower in vitamin C than the "poor" diet. The latter was deficient in vitamins B_1 and B_2 and low in proteins and calories; vitamin C intake was higher because of the greater use of chile.

In Tepoztlán, we find that the wealthier family spends twelve times as much on the important protein foods—meat, eggs, and cheese—and that they also consume a larger quantity of beans, which is another source of protein. The high consumption of milk, in contrast to the complete absence of milk in the diet of the poor family, is important as a nutritional difference. The greater weekly consumption of sugar, fruits, and sweets would also result in higher calory intake for the wealthier family. Although the poor diet includes somewhat more chile, which is a good source of vitamin C, the better diet includes some vitamin C because of greater fruit consumption. The reliance of the poor family on wild greens, absent in the diet of the wealthier family, is an important source of minerals and vitamins.

The consumption of bread provides another strong contrast in the diet of our rich and poor families. The rich spend 28 times more on bread, or 13 per cent of the total weekly food expenditure. This item, which, in addition to its nutritional aspects, is an important indicator of social and economic status in Tepoztlán, represents an expenditure of 1.4 per cent for the poor family. The basic homogeniety of the Tepoztecan diet is deceptive in terms of nutrition and, in all probability, in terms of the simple satisfaction of hunger as well. It is not insignificant that all the children in the poorer family are small, thin, pale, and listless, while the two grown children in the wealthier family appear well nourished and well developed.

Diet is also affected by fluctuations in the cost of food. During the year there are seasonal changes, prices generally being higher in the months before the harvest, beginning with May, and dropping after the harvest. It is in the pre-harvest period when most families keenly feel a shortage of cash. But more important than seasonal variations in food costs is the fact that prices have risen sharply and steadily from 1926 to the present. This rise, more than any other factor, has tended to maintain the traditional or conservative diet in Tepoztlán and to hold back the definite trend toward new foods and greater variety. For instance, although the consumption of bread is viewed as desirable and has increased considerably (the number of bakers rose from 6 to 24 between 1926 and 1944), it is still a luxury for a large proportion of the population. The price has more than doubled in the past four years and is still rising. We find a strong correlation between the degree of wealth

[10] Ralph L. Beals and Evelyn Hatcher, "The Diet of a Tarascan Village," *America Indigena*, Vol. 3, No. 4 (October, 1943), pp. 298–301.